



An important message to our students about eSafety.

The following information has been put together to help you stay safe online. More detailed information is available [here](#).

Your Digital Reputation

To protect your digital reputation you must consider each of these actions:

- think before you post, like or follow something
- check your privacy settings
- say no to posts or photos
- get posts/photos/videos taken down

Click this [link](#) for more information

Safeguard Your Personal information

Be wary of sharing your image and other personal information that could be used to identify or locate you. To ensure online safety it is best practice to:

- create and use strong passwords that are not shared
- configure strong privacy settings for all sites
- be suspicious of random messages and emails

Click this [link](#) for more information

Build Your Digital Intelligence

Think critically about what you read and see online so you can identify content or messages that may be untrue, misleading or harmful.

As everyone has a 'digital reputation' it is really important to think about **anything** that you might want to post or share. A good question is:

"Would I be ok with showing this to my Parents?... my Grandmother? ...my Teacher?"

Please be kind to others while online. This is so important during challenging times. If it is not OK to say or do something face to face, it is not OK online.

Manage Your Time Online

Whether you are using your screen technology for learning, gaming or socialising; research tells us that that too much screen time may affect your wellbeing and how you interact with others.

This is why you must manage the amount of time that you spend in front of screens.

These tips will help you:

- turn off notifications for social media apps
- monitor and limit phone use by using the settings in your phone – eg: you can adjust the daily usage limits on apps
- alter your feeds so that when you check it's more likely to be an inspiring and positive experience.

Cyberbullying, like bullying in the real world, will not be tolerated.

For more **information** on cyberbullying what **it is** and what **it is not**, please click [here](#).

To **report** cyberbullying, image-based abuse or illegal and harmful content please click [here](#).

